

Fit to Fight Classes

As of 31 May 2005

| | Attire | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|---|-----------------|-----------------------|---------------------|-------------------------|------------------------------|----------------------------------|---------------------------------|------------------------------|---------------------------------|---------------------------------|------------------------------|-----------------------------|--------------------------|
| Body Composition Improvement Program I Wed 1-3 pm | BDU or Civ | 5, 19 | 2, 16 | 2, 16, 30 | 13, 27 | 11, 25 | 8,22 | 6,20 | 3,17,31 | 14,28 | 12,26 | 9 | |
| BCIP II Wed 1-3 pm | BDU or Civ | 12, 26 | 9, 23 | 9, 23 | 6, 20 | 4, 18 | 1,15,29 | 13,27 | 10,24 | 7,21 | 5,19 | 2,16,30 | |
| Fitness Assessment Monitor Training Fri 8-12 | Exercise attire | 28 | 25 | Combined | With | PTL | Classes | --- | ---- | ---- | ----- | ----- | ---- |
| Fitness Improvement Program Tue 8-10:30 | BDU or Civ | 11, 18 25 | 1, 8, 15, 22 | 1, 8, 15, 22, 29 | 5, 12, 19 | 3,10, 17, 24, 31 | 7, 14, 21, 28 | 5, 12, 19, 26 | 2, 9, 16, 23, 30 | 6, 13, 20, 27 | 4, 11, 18, 25 | 1,8, 15, 22, 29 | |
| Healthy Living Workshop (HLW) Mon 1-3:30 pm | BDU or Civ | 10, 13, 20, 24 27, 31 | 3, 7, 10,14, 17, 28 | 7, 14, 21, 28 | 4, 11, 18, 25 | 2, 9, 16, 23 | 6, 13, 20, 27 | 11, 18, 25 | 1, 8, 15, 22, 29 | 12, 19, 26 | 3, 17, 24, 31 | 7, 14, 21, 28 | |
| PTL/FAM Thu 8-4/Fri 8-noon Bldg 905/Rm 141 | Exercise attire | 21 | 18 | 17/18 | 28/29 | 26/27 | 23/24 | 21/22 | 18/19 | 29/30 | 27/28 | | |
| BCIP follow-up Fri—1 of 5 classes 0830, 0930, 1000, 1030, 1100, 1130 | BDU or Civ | | 4, 11, 18, 25 | 4, 11, 18, 25 | 1, 8, 15, 22, 29 | 6, 13, 20, 27 | 3, 10, 17, 24 | 1, 8, 15, 22, 29 | 5, 12, 19, 26 | 2, 9, 16, 23, 30 | 7, 14, 21, 28 | 4, 18 | |
| FIP follow-up—1 of 4 1-hour classes Meet at the track 7, 8, 9, 10 | Exercise attire | | 23 Wed | 23 Wed | 25 Mon | 23 Mon | 27 Mon | 27 Wed | 24 Wed | 22 Thu | 20 Thu | 30 Wed | |
| Right Start (Newcomers/FTAC) Tue & Thu 1245-1315 | BDU or Civ | 11, 18 25 | 1,3, 8, 15, 17, 22 | 1, 3, 8, 15, 17, 22, 29 | 5, 7, 12, 14, 19, 21, 26, 28 | 3, 5, 10, 12, 17, 19, 24, 26, 31 | 2, 7, 9, 14, 16, 21, 23, 28, 30 | 5, 7, 12, 14, 19, 21, 26, 28 | 2, 4, 9, 11, 16, 18, 23, 25, 30 | 1, 6, 8, 13, 15, 20, 22, 27, 29 | 4, 6, 11, 13, 18, 20, 25, 27 | 1, 3, 8, 10, 15, 17, 22, 29 | |
| UFPM Refresher Training Wed/ quarterly | | | | 16 | 13 1300-1600 | | | | | 16 Friday 0800-1100 | | | 9 Friday 0800-1100 |

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